



www.mccallskiracingteam.com

CAMP #1 - MSRT Free Ski Camp June 17-22, 2010

Dates: June 17-22. (June 17 and 22 are travel days).

Cost: \$600.00

Ages: J5 (2001 Y.O.B.) and older. Younger athletes by coaches discretion.

Housing: Housing is not provided for this camp.

Meals: Breakfast and lunch are included.

Event: All groups will be free skiing slalom.

Daily Schedule:

6:46 AM - Breakfast

7:15 AM - 12:00 PM - Training

12:30 PM - Lunch

2:00 PM - Conditioning

5:00 PM - Video

June 17 - Travel Day

June 18 - Slalom Fundamentals: Stance and Balance - Hike Mirror Lake.

June 19 - Slalom Fundamentals: Stance and Balance - Afternoon off.

June 20 - Slalom Fundamentals: Edging and Pressuring - Soccer/BBQ

June 21 - Slalom Fundamentals: Edging and Pressuring - Hike Tamanawas Falls.

June 22 - Slalom Fundamentals: Review - Depart

MSRT Camp #1 Travel day is June 17th. We will begin training on June 18th and ski through June 22nd. June 22nd will be a half-day of training and a travel day. Housing and transportation to Government Camp are on your own. The MSRT Van will be available to transport the athletes to and from Timberline each day. We will eat breakfast and lunch at the Tichy House. This camp is intended for J5 athletes and older. We will focus on our slalom fundamentals. MSRT athletes will have the opportunity to test next years equipment. All testing will be tracked to guarantee correct ordering next fall.

We will have conditioning in the afternoon. Athletes need to have proper clothing. Running shoes, sweats, sweatshirt, shorts and other weather appropriate attire.

The coaching staff will include Chuck Harris, Nancy Giles, Bob Giles, and Katerina Tichy-Harris

Please email katandchuck@frontiernet.net if you are interested in attending Camp #1.